

HASHIMOTO'S THYROIDITIS PATIENT JOURNEY

Read ahead to:

1. Understand what Hashimoto's is and how it works
2. Understand your thyroid and what the thyroid hormone does
3. Understand who is at risk for developing Hashimoto's
4. Understand the treatment/management strategies
5. Know how to monitor your Hashimoto's and thyroid health



YOUR DIAGNOSIS

Receiving a diagnosis such as Hashimoto's can be a stressful, even upsetting experience. But we are here to tell you that there is little cause for alarm!

Hashimoto's thyroiditis is an autoimmune disease that targets the thyroid. It is the most common cause for an underproductive and inflamed thyroid. There are several highly effective treatments that help millions of Hashimoto's patients manage their symptoms and continue with life as they knew it.

WHAT IS HASHIMOTO'S?

Hashimoto's thyroiditis is an autoimmune disease that causes your immune system to attack your thyroid. This causes an abundance of white blood cells to crowd your thyroid, weakening it to the point of ineffectiveness.

YOUR THYROID

The thyroid gland is an unsung hero of the body's inner-workings. This little, butterfly shaped gland controls how your body uses energy. It regulates body temperature, weight, metabolism and other bodily functions by producing thyroid hormones.

COMMON SYMPTOMS

Hashimoto's thyroiditis is an autoimmune disorder that targets your thyroid. This means your immune system treats your thyroid like an outsider and attacks it which causes the thyroid to be under productive. This is called hypothyroidism. Common symptoms of hypothyroidism include:

- Weight gain
- Sensitivity to cold
- Depression
- Fatigue
- Dry skin
- Brittle hair and fingernails
- Goiter (bulge in neck due to inflamed thyroid)
- Muscle and joint pain
- Irregular menstruation

WHO'S AT RISK?

Over 100 million Americans are currently living with Hashimoto's. Anyone can develop this disorder; however it is most commonly found in women ages 30-50. There is a genetic component to the disorder, so check your family history if you have concerns.

MONITORING YOUR HASHIMOTO'S

It is important to be aware of the possible symptoms linked with hypothyroidism. Scheduling frequent check-ups with your physician and staying up to date with prescribed medications are both great ways to ensure your Hashimoto's remains in check.

TREATMENTS AND MANAGEMENT STRATEGIES

Various medications can help manage the symptoms of hypothyroidism and help stimulate the production of thyroid hormones. These include but are not limited to, Synthroid, Levo-thyroxine, Ermeza, and Euthyrox. It is important to note that you can have Hashimoto's without having an underactive thyroid. Treatment is not always necessary. A healthy diet and exercise routine as well as supplements and stress management can all improve thyroid health. Talk to your healthcare provider if you are experiencing symptoms.

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Real Chemistry

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